

How Much Sleep do You Need

The great common sense of the human race says: "Go to bed when you're tired; get up when you're rested."

Just how long it takes to get rested depends on how "deep" you sleep. Perhaps you are one of the lucky individuals who are "dead to the world" when you sleep.

But if you are only about half asleep all night, tossing about and waking at every little sound, you can stay in bed twenty-four hours and still need sleep.

Sleeping soundly is a matter of getting perfectly relaxed.

The slightest noise keeps the nerves alert. What you need for deep, sound sleep all night is a perfectly quiet bed and a spring that invites complete relaxation.

That is why people sleep so much better in the

Simmons Metal Bed

The Simmons Metal Bed is noiseless. It locks firm at the corners. The corner locks are made of pressed steel—have much longer bearing surfaces than the average—fit true and snug—not a creak, rattle, or feeling of unsteadiness.

We have them in a wide choice of beautiful styles in brass—and in enamel in colors and natural wood effects at prices no higher than for ordinary beds.

Come in and let us show them to you.

B. W. Hooker & Co.
Undertakers—The Best Ambulance Service

GERMANS CONVICTED.

Of Spreading Propaganda Among American Soldiers.

Coblenz, Tuesday, Feb. 4 (by the Associated Press).—Three Germans have been convicted in military courts here during the past few days on the charge of circulating enemy propaganda among American troops in the occupied area of Germany. The distribution of material which intelligence officers regard as propaganda has been carried on in

various ways. It has been given away as postcards and sold in stores.

One shopkeeper was convicted after having offered for sale a watch fob with American and German flags crossed upon it. At Treves recently a thousand postcards were confiscated by American officers. They pictured a beautiful German woman with a handful of strings and at the other end of the strings were comparatively tiny French, British and American soldiers dancing to her carols.

TALK OF THE TOWN

A few trimmed hats for \$1 and \$1.50. Mrs. C. R. Wood.

W. H. Kirby of Burlington was here on business to-day.

F. B. Alston of Randolph was in this city on business yesterday.

Regular meeting of A. O. H. Thursday night at 7 o'clock. Initiation.

John L. Smith of South Ryegate was a business visitor in this city yesterday.

D. Webster of Burlington was among the business visitors in the city to-day.

Andrew Gilbride of Woodstock was in Barre yesterday in the interests of business.

John O'Leary of Marston & O'Leary is visiting relatives in Boston for a few days.

Joseph Preston of this city has been in Burlington on business during the past few days.

We sharpen Gillette blades at 35c a dozen. Satisfaction guaranteed. Barre Drug Co.

Miss Annie Flynn of Proctor has returned to that place after a short visit in this city.

J. B. NeSmith of Boston was among the several business visitors in this city yesterday.

B. N. Herrick of Chelsea was present among the several business visitors here yesterday.

Miss Margaret Ryan of Cable street left this morning for Rutland, where she will visit friends.

Regular meeting of Bright Star Rebekah lodge, No. 18, Wednesday evening, Feb. 5, at 7:30 o'clock.

P. M. Atwell of Boston returned to that city to-day after transacting business in this city yesterday.

Among the visitors in this city yesterday were Frank L. Jones and Frederick Webster, both from Washington.

Call and get prices on Andes ranges and heaters. Good lot of second-hand ranges and heaters, stovepipe and elbows. E. A. Prindle.

The Altruists will hold their regular meeting with Mrs. A. P. Burnham, 30 Perry street, Thursday afternoon at the usual hour.

Macabees, attention! The regular meeting of Harmon review will be held to-night at 7:30 o'clock. Guards called for practice.

Mrs. N. Nielsen of Plainfield is making a three days' visit at the home of her daughter, Mrs. Thomas Mekleson of Beckley hill.

Miss Bertha Fletcher of Long street has returned to her home from Dover, where she was visiting relatives and friends for the past week.

George Trydor of Circle street returned to his home last night after an absence of about seven months during which time he was employed in Boston.

The police department presented a clean slate this morning, no arrests being made in the past 24 hours either for intoxication or any other charge.

A meeting of Gleugie club will be held in Clan Gordon hall Friday evening, Feb. 7, at 6:30 sharp. Important business. Be present. Per order the president.

Royal Clifton of Willey street has returned to his home after an absence of about a year, during which time he was employed in the manufacture of munitions in Lowell, Mass.

Elric J. Lebonvau of Tamaqua, Pa., chemist of the Atlas Powder company, who formerly resided in Barre, arrived in this city this morning to spend a few days renewing acquaintances.

A regular monthly meeting of the Red Cross will be held at 7:30 this evening, Feb. 5, at the Red Cross headquarters.

A good attendance is desired, as important business is to come up. Evelyn Drew, secretary.

Mrs. E. R. Malvern and son, accompanied by her mother and brother, James Cruikshank, Jr., of Hardwick, left last night for Baltimore, Md., to attend the funeral of the late Sgt. E. R. Malvern, which will take place upon their arrival there.

Mrs. Norman H. Tracy, who has been making an extended visit at the home of her mother, Mrs. Frank M. Trow, has returned to her home in Boston to meet her husband, Lieut. Tracy, who was recently discharged from Camp Jackson, Columbia, S. C.

A quiet wedding took place Monday evening, when Dr. Frederick Wilson of New York City and Miss Dora Pelkey were united in marriage. After a brief tour through Boston and New York, the couple will leave for Los Angeles, Cal., where they will reside.

Victor Anderson, son of Mr. and Mrs. O. E. Anderson of Warren street, returned to his home in Barre after receiving a discharge from the U. S. navy in which he has been serving for the past year. He expects to go back to his old job at the Martinson plant to-morrow.

Clark's auto truck will leave the city building at 7 o'clock Thursday night, Feb. 6, for the South Barre grange annual and young folks' dance and supper. Music, Landi-Forsell orchestra. Full bill, \$1.25; extra ladies, 25c; single supper tickets, 25c. Dancing to begin promptly at 8 o'clock. Public invited.—adv.

The date of the firemen's concert and dance has been decided upon as Feb. 20. A meeting will be held Friday night to make the final arrangements and the firemen are very confident that it will be a great success. The proceeds of the evening are to go towards making some large improvements in their recreation rooms.

Another community sing followed the regular business meeting of the Barre Woman's club yesterday afternoon in Howland hall. It is expected that sometime in the near future an evening will be devoted to a sing of this kind to accommodate those who are not at liberty to attend in the afternoon. The Vermont State Federation of Women's Clubs will be the guest of the Barre Woman's club for its annual meeting early in June.

A closer examination of the goods in the store of Arioli & Dente at 311 North Main street, which was broken into Monday night, revealed that the only articles stolen, in addition to 30 cents from the cash drawer, were a pair of stockings and a shirt. It was at first thought that the robber took a suitcase but an inventory of the stock revealed a traveling bag had been taken down from the rack and carried as far as the rear door and was left there when the robber departed.

CUTICURA HEALS SKIN TROUBLE

On Back and Face. Itched and Burned.

"I first noticed red eruptions break out on my back. After a short time they broke out on my face. They would itch and burn and I would lie awake all night scratching and bathing them. I would have to stop work, my head would itch so."

"I saw an advertisement for Cuticura and sent for a free sample. Then I bought more and I used two cakes of Soap and two boxes of Ointment and they healed me." (Signed) Miss Ida Frank, 193 Magnolia St., Roxbury, Mass., July 12, 1918.

These fragrant emollients are all you need for all toilet purposes. Do not fail to test the fascinating fragrance of Cuticura Talcum for the skin. For sample of Soap, Ointment and Talcum free address post-card: "Cuticura, Dept. H, Boston."

STILL IN CONTROL.

Vermont Fuel Administration Can Settle Abuses.

H. J. M. Jones, state fuel administrator, has released for publication the following, which shows that an increase in prices is to occur on some kinds of coal, while a drop will take place on others, it is expected. It shows that any abuse of the fuel conditions can still be handled by the state fuel administration. The statement follows:

Maximum prices on anthracite coal together with all other coal and coke regulations except three, were suspended, effective Feb. 1, in a blanket order issued to-day by the United States fuel administrator, Harry A. Garfield.

The only restrictions not suspended, as to coke and all coal, are:

Those requiring that contracts be made subject to maximum prices if reinstated, subject to cancellation by the fuel administration and subject to requisition or diversion of coal by the fuel administration.

Those prohibiting reconsignments of coal.

Those requiring shipments of coal to tidewater to go through the Tidewater Coal exchange.

The tidewater and reconsignment regulations were retained at the request of the railroad administration, to avoid congestion of coal at tidewater, and the resultant embargo.

To-day's order includes the suspension of price and zone regulations on coke and bituminous coal which, it was announced Jan. 17, would be effective Feb. 1. As the administration's control of the oil industry has been suspended with the exception of certain natural gas regulations, the effect of to-day's order was said to be that the fuel administration's controls are now related to the present limit of safety, pending the proclamation of peace, when the administration automatically will terminate.

It was pointed out that as the responsibilities of the fuel administration under the Lever act continue as long as a state of war officially exists, any of these suspended regulations may be reinstated or others may be put into effect should occasion arise.

An instance of the continuing activities of the administration was found in its bureau of labor, which will function actively during the armistice. Any dispute failing in settlement between the parties at interest must be submitted as heretofore to the fuel administration for final disposition without stoppage of work.

The following statement was issued: By his executive order of Aug. 23, 1917, the president adopted as maximum prices for anthracite coal, the schedule of prices which had been acquired in by the industry while under investigation by the federal trade commission under the so-called resolution of the Senate.

This involved one price for the railroad controlled coal companies and a price 75 cents higher for the individuals. With the exception of a reduction of 60 cents a ton in the prices for pea coal made Oct. 1, 1917, and two adjustments to cover increases in miners' wages, the fuel administration allowed the prices fixed by the president to stand pending examination of costs such as were made in the case of bituminous coal.

For the purpose of arriving at a fair increase in price to cover the increase in wages recommended by the war labor board last October, an examination was made to determine the costs of the various anthracite producing companies.

The result of this examination showed that the general increases in the price of materials and labor had raised the cost of mining anthracite to such an extent that many of the companies were not receiving a fair return and that some producers of necessary coal were actually sustaining a loss on the sale of coal at the government prices, in spite of the two increases allowed on account of advances to labor.

At the time this situation was discovered every indication pointed to an early peace and it was deemed unwise to increase the maximum prices so near the time when, on account of the end of the war, price restrictions would, in the natural course of events, be lifted entirely.

The executive statement is made at this time, when price restrictions are about to be lifted, out of fairness to those companies who have patriotically kept up their production to war needs, even at a cost which resulted in many instances in a loss, not only by the individuals, but also by some of the railroad companies, so that the impression shall not exist that the government prices of anthracite coal in existence at the time of the lifting of restrictions were prices which the fuel administration had fixed on the basis of cost to the operators.

Had the fuel administration's active control over maximum prices on anthracite coal been continued, the cost examination above referred to shows that it would have been necessary, on a basis of the present wage scale, to raise these maximum prices possibly as much as 50 cents a ton above those last fixed by the government, in order to prevent financial embarrassment and perhaps the closing of companies producing a substantial per cent of the necessary anthracite output.

Such a curtailment of production would eventually result in the demand exceeding the supply to such an extent as to increase the prices much higher than they would be if that supply were continued.

Bunched Them.

Harold's mother was giving a party. She told the little fellow that whenever he passed in front of anyone he must say: "Excuse me!" Harold made many trips back and forth, and got tired of repeating the same phrase over and over, so he finally said: "Ladies and gentlemen, please excuse me for the whole evening."—Boston Transcript.

Rockland Reading Framingham Leominster Hyde Park

Good Goods

Adams Company

Good Service

Successors to A. P. Abbott Co.

Bargain Basement Specials in After Inventory Clean Ups

We find, now that we have finished stock-taking, that we have quite a few short lengths and broken lots that we have marked down to prices that will make quick clean ups.

Laces and Trimmings

LOT I
Sold for 10c to 25c, at 5c a yard

LOT II
Have sold as high as 40c, at 10c a yard

Undermuslins



Envelope Chemise
Lace trimmed, a regular \$2.00 value, \$1.29
Hamburg-trimmed Gowns
Extra good values \$1.19

Laces

LOT III
Values up to 75c, to close at 25c a yard

LOT IV
Allover Laces Former prices up to \$1.75 a yard, at 65c and 75c

Printed Foulards, in Attractive Patterns 36-inch 39c per yard

PERCALES marked to 27c per yard

Beach Cloths and Reps Good assortment of colors 29c per yard

188 N. Main St. **The Daylight Store** Barre, Vermont

Gardner

Clinton

Woburn

Keene, N. H.

Barre, Vt.

ALLIANCES NOT ABROGATED BY A LEAGUE OF NATIONS

Declared Arthur J. Balfour, British Foreign Secretary, in Reply to a Direct Question.

Paris, Feb. 5.—Alliances between the various nations will not be affected by the existence of the society of nations now in process of formation, Arthur J. Balfour told newspaper interviewers here last night. The British foreign secretary was asked the direct question as to whether the formation of the world society would involve the abrogation of alliances.

"The constitution of the league of nations," he responded, "will involve no modification of the treaties of alliance previously concluded."

"As to the question whether special conditions of two or several peoples could be formed aside from the league," Mr. Balfour added, "the conference alone can decide."

Military intervention in Russia on a large scale is not to be thought of, Mr. Balfour declared. The great powers were doing everything they considered could be done, however, he said, in dealing with what he characterized as "a most disquieting situation."

As to the general work of the peace conference, he declared the peace-making body was making all possible haste to settle upon the peace terms. He said:

"The fact that the problem of the society of nations has been taken up before that of peace, properly so called, in no way signifies that the settlement of our accounts with the enemy will only come afterwards. The mechanism of the commissions we have instituted permits the concurrent study of several questions."

RESPONSIBILITY FOR WAR.

To Be Aimed at By Socialist Conference at Berne.

Berne, Tuesday, Feb. 4.—Responsibility for the great war will be investigated by a commission appointed by the socialist conference, in session here, it was decided to-day. This commission will comprise two British, two French, one Hungarian, and two German delegates, declared to-day that the "prime object of the conference was to influence the peace conference at Paris."

Peter J. Troelstra, the Dutch socialist leader, and one of the British delegates, declared to-day that the "prime object of the conference was to influence the peace conference at Paris."

Following an attack on the German majority socialists by Kurt Eisner, the Bavarian premier, during the forenoon, another German delegate, Herr Mueller, a majority socialist, denied that Germany was entirely to blame for the war, and defended his party. He said:

"It was not Germany alone, but the militarists of the whole of Europe who were the originators of the war. German socialists would have lost forever all their influence upon the people if they had ventured to oppose the war. We

cannot accept the judgment of our enemies, but only that of neutrals."

Carl Kautsky, a German delegate, who has been mentioned as one of Germany's delegation to the peace conference at Paris, spoke at the evening session, making a renewed attack against the German majority socialist party. He concluded:

"The minority socialists, having protested against the forms of the Brest-Litovsk and Bucharest treaties, have to-day the right to claim just treatment for the German people. Germany must be fed. She must be given an opportunity to get to work and to avoid troubles which will lead to a recrudescence of bolshevism."

Dr. Frederick Adler of Vienna accused the former Austrian government of having "systematically worked for the war."

Frank Bohm, an American socialist, arrived here to-day. There are now 90 delegates present, representing 25 countries.

The Woman's Ready-to-Wear Shop

Wednesday and Thursday

are the two days for you to SAVE FIVE CENTS ON THE DOLLAR, by purchasing articles mentioned in the space below.

Corsets

Ask to be fitted with a LaReisista Corset, and know why so many women prefer it. Sizes 19 to 36.

This is a good time to look at the Little Dancing Corset, frog over the hips, in handsome models; Pink and White.

Marcella Undergarments

Silk or Cotton; Combinations, Envelope Chemise, Bloomers, Drawers, Corset Covers, Camisoles, and Night Robes.

Blouses

Tailored models in White, Flesh, or Bisque; Crepe de Chine and George-etie Crepe.

Striped Taffeta Waists in the brighter colors or the more subdued effects; sizes 34 to 46; \$3.98 to \$12.50.

Madras and Voile Blouses in White, Stripes and Solid Colors, smart in style and inexpensive. From 98c to \$5.00.

Mrs. Shepard Co., Inc.

CAFE SHEPARD DOWNSTAIRS

DRIED FRUITS

California Seedless Raisins in bulk, per lb. 14c
Ideal Not-a-Seed Raisins, per package 15c
Blue Ribbon Seeded Raisins, per package 14c
Fancy 70-80 size Prunes, per lb. 17c
Extra large 40-50 Prunes, per lb. 23c
Evaporated Peaches, per lb. 25c
Fancy Evaporated Apricots, per lb. 25c
Evaporated Apple in bulk, per lb. 20c

Best Dairy Butter, selected dairies, per lb. 55c
Potatoes, cash and carry, per peck 30c

Strictly Fresh Henny Eggs, per dozen 60c
5-lb. cans of Peanut Butter for \$1.00
Ginger Snaps in bulk, per lb. 15c, 2 lbs. for 25c
Mixed Cookies, all kinds, per lb. 18c
We have Soap, bought at less than to-day's prices. Get our prices.

The F. D. Ladd Company

U. S. Food Administration License, No. G09100

U. S. Bakery Administration License, No. B04701

Stop at Smith & Cumings' Market

and get 3 lbs. of Pig's Liver for 25c to-day



Salt Herring in small pails.
Salt Mackerel.
Whole Salt Salmon, 18c per lb.
Potatoes, 30c per peck
Fancy lot of Corned Beef at 20c to 25c lb.

Cabbage, Beets, Turnips, Parsnips, Carrots, etc. Low Prices on Fruit.

Wilson's Nut Margarine, per lb. 35c
Wilson's Majestic and Certified Brands; a demonstration this week.

Nearby Eggs only, per dozen 60c (Pan-a-see did it.)

Fresh Grated Horse Radish, per pint 20c
Get our prices on SOAPS, if you want a box less than wholesale prices to-day.

OLD MILL SOAP 10 cakes 35c

The Smith & Cumings Co., Inc.

U. S. Food Administration License, No. G21251

BIJOU THEATRE

MATINEES 2 and 3:30
EVENINGS 7 and 8:30
Prices: Matinees 5c, Evenings 5c and 10c

TO-DAY

JUANITA HANSEN IN
"THE SEA FLOWER"
A Bluebird Feature, and
"HANDS UP"

BARNES SHERRY IN
"HIGH STAKES"
A Triangle Feature, and
A Two-Reel Keystone Comedy
"SHE NEEDED A DOCTOR"



At first signs of a cold or grip take
Lane's Gold & Grip Tablets
Don't wait. Delay often leads to pneumonia. Results are guaranteed. At your druggist.